Have your say, just in case.

Complete an advance directive form.

It’s a way to prepare for the unexpected — like buying insurance or having a fire drill. Documenting your wishes can help you face the future with more confidence and clarity.

An advance directive form lets you describe the medical care you want (or don’t want) in certain circumstances. It’s only used if you can’t speak for yourself. An advance directive also lets you name the person you want to make medical decisions for you in that situation.

Intermountain Healthcare encourages all adult patients to complete an advance directive, regardless of their current health or stage of life.

Ask your doctor or medical team about advance directives. They can answer your questions and help you complete an advance directive form, if you like. They can also store your directive as part of your Intermountain electronic medical record.